



## Healthy Eating Skill: Keeping a Food Record

Just like keeping your checkbook up-to-date helps in managing your finances, keeping a food record can help you get a handle on your food intake. It is very easy to underestimate the amount of food consumed unless it is recorded. A food record is also helpful as you interact with a nutrition professional, as it will show your eating patterns, favorite foods, and also reveal habits that may not be helpful—like frequent snacking or skipping breakfast.

### ⇒ Record everything

Everything you eat and drink goes in the food record. Measure beverages in cups or ounces; record finger foods in number of pieces. List details (size, weight, condiments, cooked, raw, etc.)! Don't forget the foods you eat standing up or at your desk! This will enhance your awareness of what you typically eat in a day and when, and calorie contribution. You may be surprised!

### ⇒ Record on-the-spot

Write down what you have eaten immediately after you eat it. Cramming to write it all down at the end of the day does not allow the food record to serve its purpose. You can quickly forget what you've eaten, especially if it was not planned into the day. If keeping a timely food record is difficult for you, make this your goal.

For more information on weight gain prevention, contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW community website** at <http://airforcemedicine.afms.mil/shapeyourfuture>.

*Shape Your Future... Your Weigh!™*